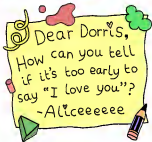


# HOW to LOVE

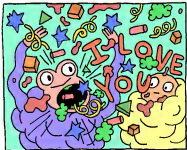


At the beginning  
of a relationship



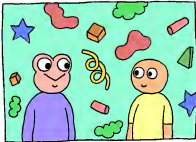
we are bursting with crazy feelings

and saying "I love you"  
may feel like a good outlet



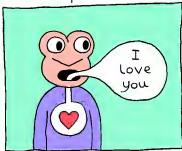
but it means more than that.

If we wait until the feelings  
have become less confused



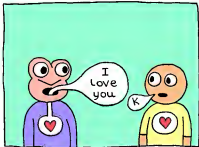
and more focussed

then it can be a direct  
expression




of trust and affection.

However, when we say it  
we do expect a certain response



so we have to be fairly sure  
we are both on the same page.



I hereby acknowledge  
that I love you

Signed: ..... (1)

I hereby acknowledge  
that I love you too

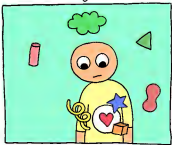
Signed: ..... (2)

If they do not say it back:  
DO NOT PANIC



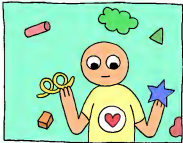


Some people take longer  
to feel ready than others



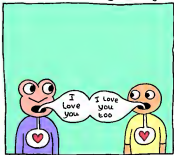
because they want to be  
honest with you & themselves

and they need time



to sort out their feelings  
properly

so if and when they do say it



it will be a true connection.